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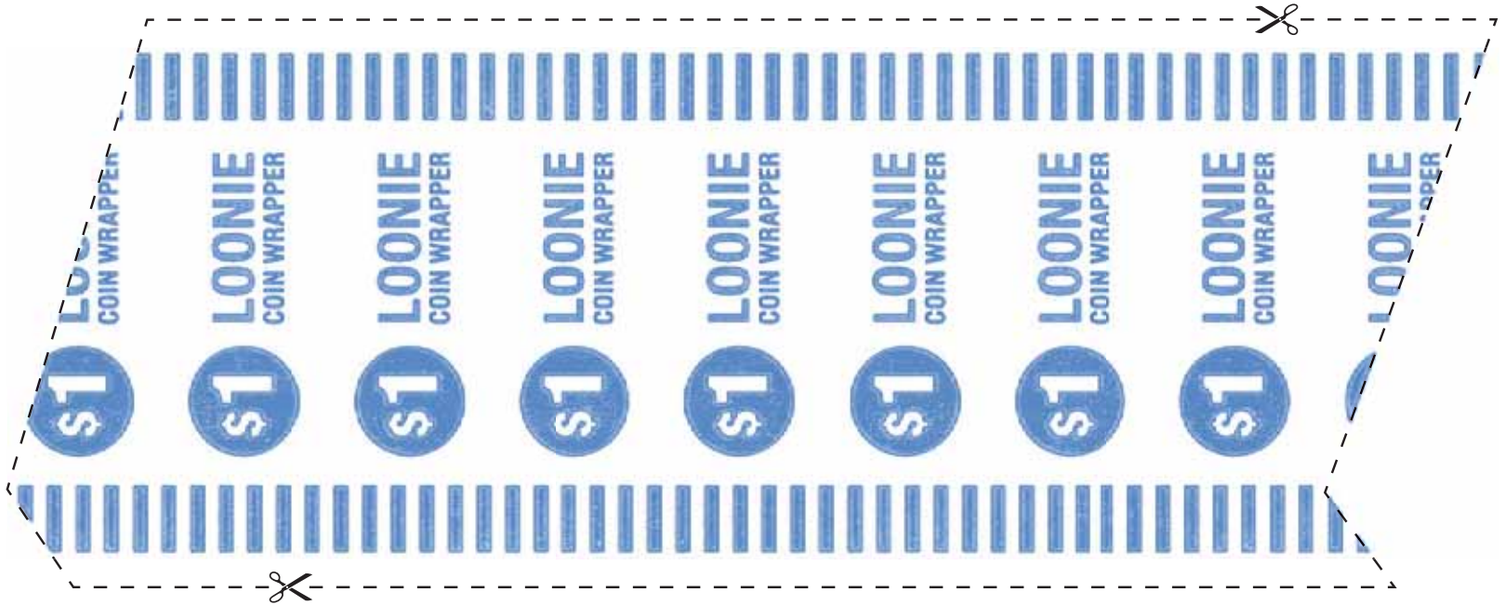

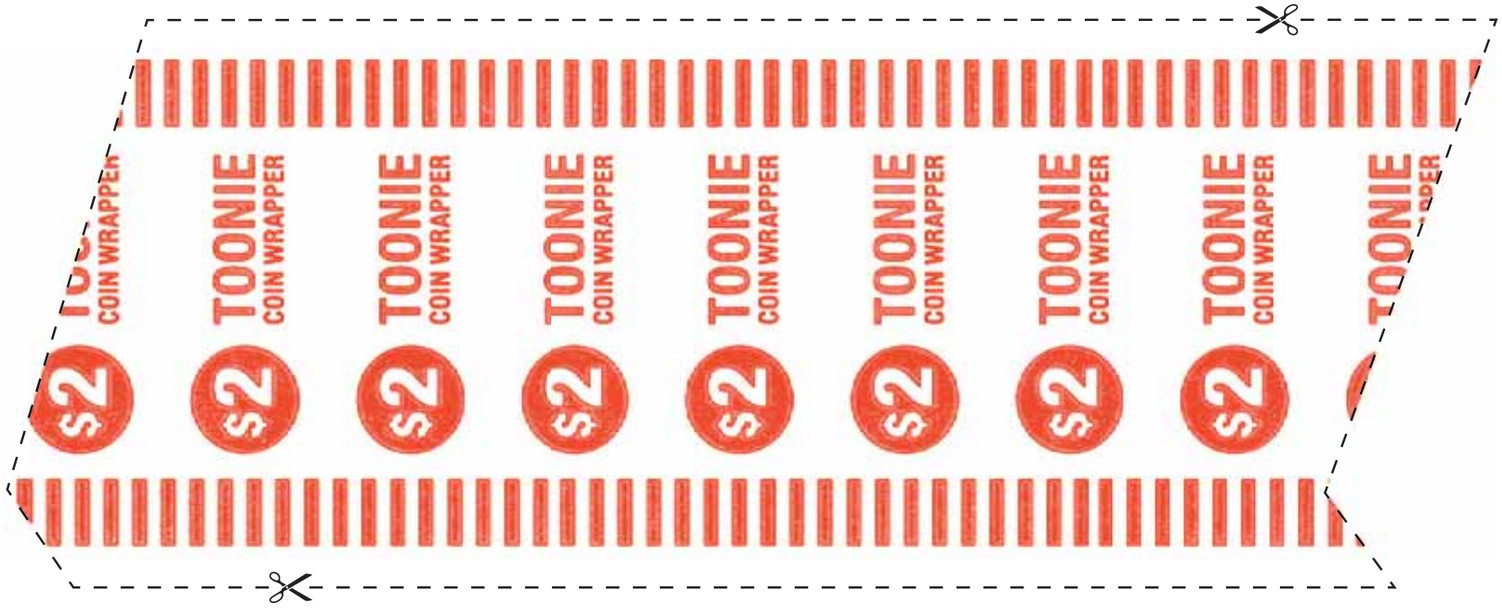

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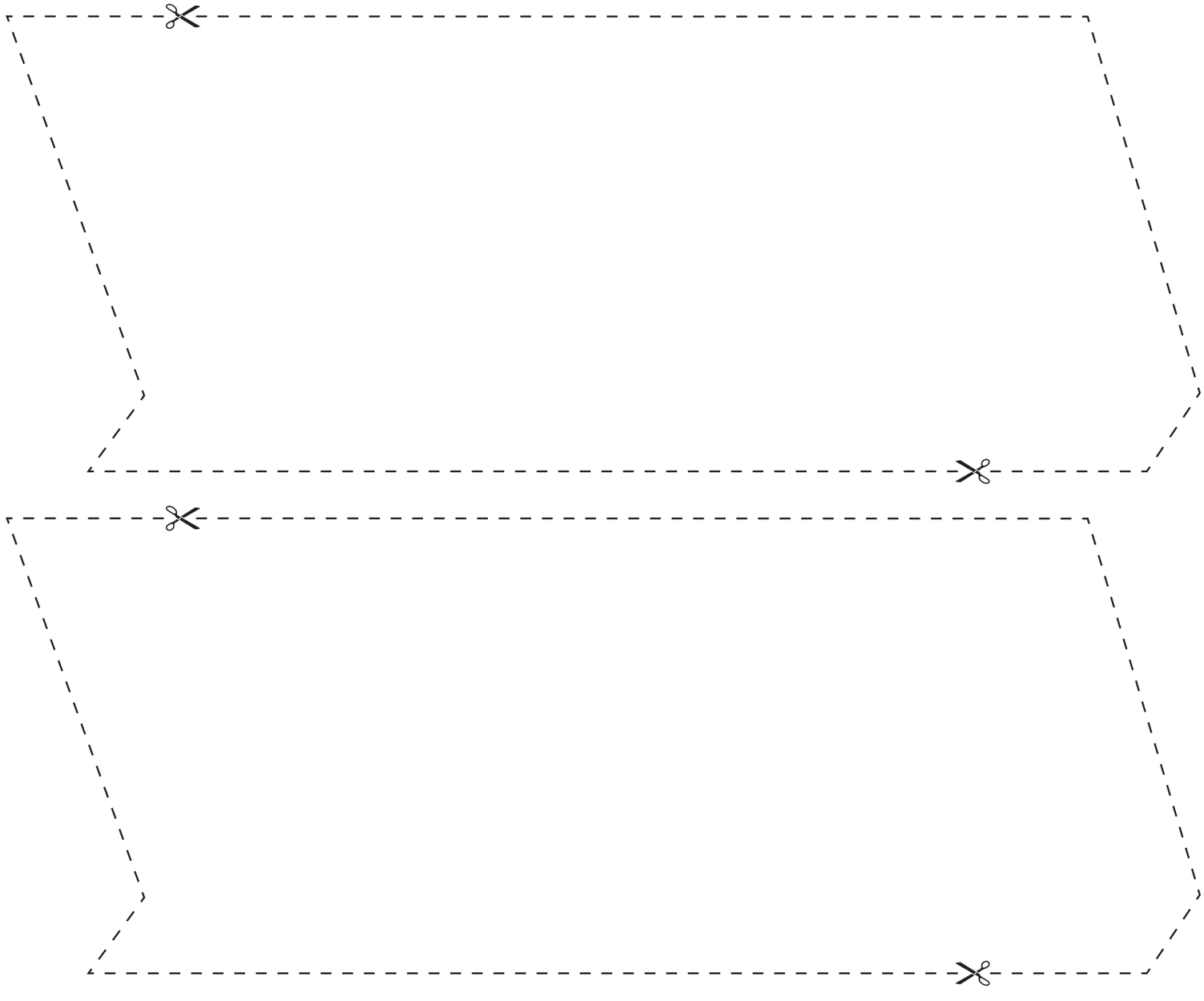

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$12,000,000 estimated
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Wednesday's Jackpot

SAVING ROCK AND ROLL

ELTON JOHN'S SURPRISE APPEARANCE ON THE NEW FALL OUT BOY ALBUM PROVIDED A LITTLE GROUP THERAPY FOR PETE WENTZ AND CO.

PAGE 18

Just say no to cinnamon challenge

30 U.S. teens needed medical care last year after downing spoonful of spice: Report PAGE 12

Up to $100K offered for heist arrests

Toronto police release video footage with clear view of male suspects in TD bank theft PAGE 4

NEWS WORTH SHARING.

Terror plot foiled: RCMP

Project Smooth.
Toronto man one of two suspects charged over al-Qaida-supported attack, Mounties say

Two Canadian residents were charged Monday for allegedly planning to attack a VIA Rail passenger train in what the RCMP is calling the first known al-Qaida-directed plot in this country.

Chiheb Esseghaier, 30, of Montreal, and Raed Jaser, 35, of Toronto, were arrested Monday morning.

Police said the suspects had been watching trains and railways in the GTA and were conspiring to derail a passenger train. They wouldn't say how the suspects allegedly planned to attack, but said the plot had the "direction and guidance" from al-Qaida elements in Iran.

There is no information to indicate the alleged plot was sponsored by the state of Iran, the RCMP added.

Dubbed "Project Smooth," the investigation was part of a cross-border operation involving Canadian law-enforcement agencies, the FBI and the U.S. Department of Homeland Security.

"While the RCMP believed the accused had the capacity and intent to carry out these criminal acts, there was no imminent threat to the general public, rail employees, train passengers or infrastructure," RCMP Assistant Commissioner James Malizia said at a news conference.

Police had Esseghaier and Jaser under surveillance since August. They were put on investigators' radar thanks to tips from the Muslim community, RCMP Supt. Doug Best said.

The suspects have been in the country legally for a "considerable period of time" but are not Canadian citizens, the RCMP said.

The two men are charged with conspiring to carry out an attack against, and conspiring to murder, persons unknown for the benefit of, at the direction of, or in association with a terrorist group.

THE CANADIAN PRESS

Muslim leaders briefed

A group of prominent Toronto leaders from various Muslim communities attended a briefing at the RCMP's Toronto division before the news conference took place.

- Among them was Muhammad Robert Heft, who once ran a counselling program for troubled Muslim youth, and Somali Imam Saed Rageah, who said as he entered the police division that he was unsure of the circumstances around the case.

TORSTAR NEWS SERVICE

RCMP investigate at a home on Cherokee Boulevard on Monday after police said they uncovered a plot to blow up a VIA train.
STEVE RUSSELL/TORSTAR NEWS SERVICE

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Lawyer's Boston tweets offend ... but were they his?

A Toronto criminal lawyer's Twitter account has sparked outrage online after several offensive tweets were posted in the wake of the Boston bombing.

The tweets were sent last week from Twitter account @Dasilvalaw, which has since been deleted.

"I pray for the suspects. May they slay the police army of satan. Death to all police!" read one post. Other tweets from that account contained vitriolic responses to offended Twitter users, including "am praying that u get violently raped. May cancer be upon u.!!!"

Reaction

"Utterly vile."

Toronto lawyer Sean Robichaud

The lawyer, David Da Silva, 34, said in an emailed response sent Monday to Torstar News Service that he is "not the author of any such tweets."

Asked in a follow-up email if his account had been hacked, the defence lawyer said he is "having this matter investigated at this time."

Some Twitter users, however, did assume he was behind the tweets. Toronto lawyer Sean Robichaud tweeted his disgust at the content. Da Silva was a tenant renting space in Robichaud's offices but was asked to leave for "unrelated reasons" before the tweets were sent.

Last fall, a judge acquitted Da Silva of charges that he beat, sexually assaulted and threatened to kill a woman. The judge found her testimony contradictory and implied she had fabricated the accusations.

After his acquittal, Da Silva suggested police targeted him because he is a defence lawyer unafraid to litigate racial-profiling cases.

TORSTAR NEWS SERVICE

Trial. Defence says alleged victims of doctor deluded

The defence in the trial of a North York General Hospital anesthesiologist will focus on the physical impossibility, in many cases, of sexually assaulting women on the operating table — or on the probability the 21 alleged victims were deluded, a judge was told on Monday.

"There is no suggestion that the complainants do not believe in their mind what they say has alleged to have taken place," defence lawyer Brian Greenspan told Ontario Superior Court Justice David McCombs. But many of their allegations have already been disproved and some have been rendered most unlikely, Greenspan said.

Dr. George Doodnaught, a 64-year-old married father of five, has pleaded not guilty in Ontario Superior Court to 21 counts of sex assault involving 21 women, age 25 to 75, all but one under surgery at North York General Hospital, between 2006 and 2010.

They have alleged variously that they were kissed, had their breasts fondled and were made to perform oral sex or to fondle Doodnaught's private parts while semi-conscious during surgery. **TORSTAR NEWS SERVICE**

School cuts 'gay,' 'pregnant' references from news recap

Whitby. Four of 11 topics deemed too political or provocative for yearbook

This school year, a pregnant princess and gay premier made headlines, but they may not make it into one public elementary school's yearbook.

The two parents who create the yearbook at a Whitby school say administrators balked at the idea of mentioning Kate Middleton's pregnancy and Kathleen Wynne's Liberal leadership win, among other news events, in the almanac.

They say the principal and vice-principal at Meadowcrest Public School objected to using the words "pregnant" and "gay," fearing students would question what they meant.

Additionally, U.S. President Barack Obama's re-election was said to be too political, and the cancellation of extra-curricular activities and field trips in protest of Bill 115 was deemed too political and not happy enough.

"I never could have thought it would be a worry for anybody," said Sarah Eddenden, part of the yearbook committee. For three years, Eddenden and Lorisa Johnson-Kalk have been creating the yearbook for students at Meadowcrest.

On Friday, the school community council, teachers and administrators will meet to decide which events will be on the "Big News of 2012-2013" page, said Meadowcrest principal Michelle MacDonald.

TORSTAR NEWS SERVICE

The two-parent yearbook committee, Lorisa Johnson-Kalk, left, and Sarah Eddenden at Meadowcrest Public School in Whitby say they're being censored by the school's administration. They've been told that four news items have no place in the yearbook. VINCE TALOTTA/TORSTAR NEWS SERVICE

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Toronto police are seeking two suspects after a west-end bank robbery Sunday at a TD Canada Trust bank branch left two people with gunshot wounds. COURTESY TORONTO POLICE

Bank heist shooting victims recovering

West-end TD. Up to $100,000 offered for information leading to suspects' arrests

Video footage captured the dramatic final moments of an armed bank robbery that left a young bank employee and one vigilante customer recovering from gunshot wounds Monday.

Up to $100,000 is being offered for information leading to the arrest of two male suspects after they entered a TD Canada Trust branch at St. Clair Avenue West and Mould Avenue on Sunday armed with one semi-automatic handgun and made off with a small amount of cash, said Staff Insp. Mike Earl with the hold-up squad.

Carl Fraser, 54, and a 22-year-old female employee, who has not been identified, were shot during the take-over-style robbery.

On Monday at a news conference, police said Fraser was heavily sedated and recovering after his spleen was removed along with part of his kidney and pancreas.

The female employee had a bullet removed from her leg and was also recovering in a local hospital Monday.

Security camera footage released by police shows one of the robbers, who was unarmed, wearing a black North Face vest and grey hoodie over a baseball cap — his face clearly visible — leaping over a counter with his knees tucked beneath him as a few visible customers drop to the ground.

The second man, wearing a black hoodie with the number "8" over his heart and a Chicago White Sox hat, can be seen mounting a desk and pointing a silver handgun at an unknown object or person off screen.

TORSTAR NEWS SERVICE

Heroics 'too risky'

The Canadian Bankers Association, which is offering the reward, said violence during robberies is rare. Still, the CBA's director of security William Crate said customers should never try to intervene.

- "They should witness a robbery. They should not become engaged." Crate said. "It's too risky."

Pride group controversy

Can't ban 'Israeli apartheid': QuAIA

Queers Against Israeli Apartheid is urging Mayor Rob Ford's executive committee to heed city staff and abandon attempts to ban the group from the annual Pride parade.

"The law is clear to everyone except a handful of right-wing councillors: You can't ban the phrase 'Israeli apartheid,'" said Tim McCaskell, a member of the group that protests Israeli policies toward Palestinians.

Coun. James Pasternak argues the term "Israeli apartheid" is inaccurate, hurtful and discriminatory.

TORSTAR NEWS SERVICE

Elliot Lake tragedy

Safety charges laid against engineer in mall collapse

A professional engineer faces charges under health and safety laws in connection with last summer's deadly mall collapse in northern Ontario.

The province's Ministry of Labour alleges the engineer endangered a worker by providing negligent advice.

The charge also relates to working in a manner that may endanger a worker.

The ministry refused to name the individual or provide any further information. THE CANADIAN PRESS

$9.8 billion

Liberal budget deficit lower than expected

Ontario's governing Liberals will unveil a budget May 2 with a lower-than-anticipated deficit of $9.8 billion in 2012-13, Finance Minister Charles Sousa said Monday.

The Liberals forecast a deficit of $14.8 billion in last year's budget, then lowered the figure to $11.9 billion in January.

Sousa acknowledged that part of the drop came from "one-time savings," but said he'll stay focused on their goal to eliminate the red ink in 2017-18.

THE CANADIAN PRESS

T.O. councillors to debate Bixi bike fix

Debt. City could be out $4M if bike-sharing company defaults on its loan

In the midst of a jam-packed agenda at Tuesday's executive committee meeting, councillors are set to debate Toronto's Bixi bike problem.

But a list of alternatives that staff compiled — from severing ties with the company, to taking it on as an asset or expanding the network — is being kept confidential. And any discussion on the issue is being held in camera, staff confirm.

Toronto is on the hook for about $4 million if the troubled bike-sharing company defaults on its loan. According to city staff, Bixi isn't breaking even on day-to-day costs — although apparently close to it — and it is struggling with debt repayment. Unlike other cities with bike-sharing programs, Bixi Toronto received no government subsidy. Toronto agreed to guarantee up to a $4.8 million loan. Bixi's business plan assured the city it would be able to cover costs, pay down the debt in 10 years and maybe turn a profit — which would be split down the middle. Bixi's interim president, Michel Philibert, said last week that the system, to make money, needs to be bigger than the current 1,000-bike fleet and 80 stations. It costs about $45,000 to build a new station, according to an official with Washington D.C.'s program. Mayor Rob Ford is adamantly against subsidizing the program. He appears to be in favour of getting rid of the company all together.

TORSTAR NEWS SERVICE

Quoted

"We have to try to save Bixi and limit the city's financial exposure. And there has to be a significant amount of financial rigour before we even think about expansion."

Coun. Denzil Minnan-Wong, chair of the public works committee

A rack of bikes sits unused on Yonge Street near Lakeshore in this photo from earlier this month. TORSTAR NEWS SERVICE

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New transit funding

On Tuesday, the executive committee will consider a staff report on ways to fund new transit in the region. Toronto staff have recommended a gas tax, sales tax and parking levy, as well as increased development charges to pay for a first wave of projects. Other fees (highway tolls, high-occupancy toll lanes, vehicle registration fees) would be used to help fund a second wave of Metrolinx projects.

- **Fuel tax:**
  - 5 to 10 cents per litre
  - Could raise $330 million to $660 million per year
  - Would cost $3 to $6 per fill-up, based on a 60-litre fuel tank
- **Sales tax:**
  - 0.5 per cent to 1 per cent
  - Could raise $700 million to $1.4 billion per year
  - Would cost $275 to $550 per household
- **Commercial parking levy:**
  - 50 cents to $1 per space per day
  - Could raise $700 million to $1.4 billion per year
  - Cost per vehicle would depend on the affected number of spaces
- **Development charges:**
  - 7.5 per cent to 15 per cent increase to current fees
  - Could raise $50 million to $100 million per year
  - Cost to unit buyer depends on type of build
- **Highway tolls:**
  - 5 to 10 cents per kilometre travelled
  - Could raise $700 million to $1.4 billion per year
  - Cost per motorist depends on usage
- **HOT (high-occupancy toll) lanes:**
  - 15 to 30 cents per kilometre travelled
  - Could raise $22.5 million to $45 million per year
  - Cost per motorist depends on how often you use the lanes as a solo rider
- **Vehicle registration tax:**
  - $50 to $100/registration or licence renewal
  - Could raise $150 million to $300 million per year
  - Cost per vehicle $50 to $100 per year

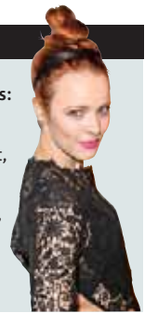
TORSTAR NEWS SERVICE

BELEAF IT OR NOT: These famous people are Leafs fans

- **Astronaut Chris Hadfield** tweeted a photo of himself holding a Maple Leafs logo in space at the end of the NHL lockout and tweeted that he was ready to cheer for the Leafs from orbit.

- **In 2011, Justin Bieber** told a U.S. radio station he loves the Leafs, but they're a "tough team" to like, which proves he is not a bandwagon jumper. He was spotted wearing a Chicago Blackhawks cap the next day. In December of that year, he skated with the Leafs.

- **New Zealander Russell Crowe** became a Leafs fan after shooting Cinderella Man at Maple Leaf Gardens.
- **Other Leafs fans:** Kiefer Sutherland, Rachel McAdams, right, Keanu Reeves, Howie Mandel, Elisha Cuthbert, Hayden Christensen, David Cronenberg.



Winners & Losers

Loyal Leafs fans have been waiting for nearly a decade for an end to their playoff drought. So expect nothing less than a full house at the ACC. At least 18,800 people will be flocking to and from the games. Here's a peek at who stands to win and lose in playoff season:

PHOEBE HO/FOR METRO
toronto@metronews.ca

THE WINNERS. Maple Leafs? We're talking gold leaf

PLAYOFFS AROUSE DREAMS OF CASH JACKPOT

CONTRIBUTED/GREG HAYES

Busker hopes to rake in the silver

Leafs fans know Silver Elvis, dressed and painted in silver from head to toe. The seasoned street artist is one of several buskers who perform on game nights outside the ACC. With one-third of his income dependent on street performances (the rest comes from corporate gigs), he says the playoffs will deliver a bigger and more excited audience and, ultimately, a boost in tips. "It's a condensed version of my day. I can make my money faster in a shorter period of time," he says.

Hot diggity dog! Street-food sales set to triple

With the average ticket going for roughly $142.56, Leafs fans are already paying nearly twice the NHL average of $78.16. And if fans get hungry, they'll have to pay $6.17 on average at the ACC for food they could easily get for half the price just steps away. Gafou Noorzaa, who mans the hotdog stand at Front and Bay streets, says he has a game schedule so he can gear up for the swarms of people coming out. He says sales nearly triple on game nights.

TORSTAR NEWS SERVICE FILE

Hey taxi! Over here, buddy!

The playoffs can only mean more business for cabbies. Whether fans are drowning their sorrows after a loss, or having a celebratory drink, taxis are in high demand over the weekend after NHL games, driver Mohammad Fazlur says. Drivers also see a boost on weeknights when games go late. "They want to go home faster because they have to work the next day," Fazlur says.

THE LOSERS. Leaf well enough alone, others say

POLICE, STREET CLEANERS AND BARS WITHOUT TVs STAND TO COME A CROPPER

TORSTAR NEWS SERVICE FILE

Cops aim to ensure cooler heads prevail

High adrenalin and alcohol pumping through fans' veins could spell trouble for police. Toronto police spokesperson Mark Pugash says the force won't speculate on how the playoffs might affect them. But he does say police always have a contingency plan for special events, and one will definitely be in place to ensure public safety during playoff season.

Brace for a tsunami of trash

More people means more garbage. Downtown streets are kept clean by 20 to 25 street sweepers who work extra shifts before and after big events. For now, Peter Noehammer, Toronto's director of transportation services, isn't expecting a huge change to the service. But his department will be keeping an eye on the Leafs' progress and things could change if they do well in the playoffs.

THE ASSOCIATED PRESS FILE

Better tune up that old TV

When the NHL lockout ended, spending at local bars went up 12 per cent from Jan. 19 to 20, compared to the weekend before, a Moneris survey shows. But bars without TVs will miss out on the playoff action. "Usually a bunch of us get together and watch it at someone's house, but since it's the playoff games, we'll probably go to a bar to watch it," die-hard fan Keith LaRose says. "Everyone will be there and cheering. It'll be a good atmosphere."

You can win Leafs PLAYOFF TICKETS

WHO: You.

HOW: Wear your best 'blue and white' and show Metro's photographer your passion for the Leafs.

WHEN: Monday, April 29, from 10:30 a.m. to 2:30 p.m.

WHERE: Gate 1 at the Air Canada Centre.

WHY: The most passionate fan will be featured on the front page of Metro the day of the 1st playoff game and receives 2 playoff tickets. 4 runners-up receive gift packs from Real Sports Apparel that include Leaf jerseys.

WHAT: The first 500 fans to show us their love for the Leafs qualify. See details at clubmetro.com.

Nazem Kadri
TORSTAR NEWS SERVICE

Kadri scoring high on Google

He may be second in team scoring, but according to Google, Nazem Kadri is winning the Internet.

The Leafs rookie is the team's most-searched-for player since the start of the season, beating out teammates Phil Kessel and Joffrey Lupul. He even managed to best Dion Phaneuf, which is significant, given how much Google juice the Leafs captain gets via his celebrity fiancée, Elisha Cuthbert.

Elisha Cuthbert and Dion Phaneuf
GETTY IMAGES FILE

Goalie James Reimer has also seen a dramatic spike in searches since his 49-save performance against the Ottawa Senators on Saturday.

Online, the Leafs continue to be Toronto's most popular sports team, being searched for nearly twice as often as the Blue Jays and three times as much as the Raptors. Searches for the Leafs have surged since they clinched a playoff spot for the first time since 2004.

LUKE SIMCOE/METRO ONLINE

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Religious grounds used

Egypt suspends prosecutor for citing Qur'an

An Egyptian prosecutor who cited the Qur'an as he ordered police to flog a man with 80 lashes for public drunkenness has been suspended and put under investigation, the prosecutor-general's office said.

Spokesman Mahmoud el-Hefnawi said late Sunday that the country's top prosecutor had ordered Hussein Anani's decision cancelled and a judicial inquiry launched.

The order by Anani comes amid growing fears by some in Egypt that Islamists, emboldened by election wins, are seeking to slowly enshrine a religious system based on conservative interpretations of Islamic law.

THE ASSOCIATED PRESS

Political manoeuvring

U.S. aims to get China to help with North Korea crisis

The United States will press China over its forcible repatriation of refugees to North Korea, a U.S. human rights envoy said Monday. He likened the North's vast gulag to that operated by the Soviet Union in the 1930s.

The Obama administration is looking for Beijing to use its leverage over its North Korean ally to tamp down its provocative behaviour and move toward abandoning nuclear weapons.

The prime focus of Washington's policy is on tackling the emerging threat to the U.S. and its allies posed by North Korea's missile and nuclear programs. But King said human rights were also important for U.S. policy. THE ASSOCIATED PRESS

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On Monday people rest near tents set up in the aftermath of an earthquake that struck southwestern China's Sichuan province Saturday. THE ASSOCIATED PRESS

China shows off disaster-relief skills

At least 188 people killed. Refugee camp set up for survivors of quake has everything from phone-charging stations to ATMs

The tent village that sprang up in two days to house quake survivors in mountain-flanked Lushan is no ordinary refugee camp. China's full range of disaster response is on display: Trucks with X-ray equipment, phone-charging stations, bank tellers-on-wheels — even a tent for insurance claims.

The efforts underway Monday in mountainous Sichuan province after a quake Saturday that killed at least 188 people showed that the government has continued to hone its disaster reaction — long considered a crucial leadership test in China — since a much more devastating earthquake in 2008, also in Sichuan, and another one in 2010 in the western region of Yushu.

"Lushan was so heavily hit and my family's house toppled. It has been such a disaster for us," said Yue Hejun, 28, as he waited to recharge his family's three mobile phones at a charging stall, volunteered by a communications company and co-ordinated by the government in a new addition to the arsenal of services after natural disasters.

THE ASSOCIATED PRESS

Hard lessons learned

The Yushu quake in 2010 killed more than 2,600 people.

- Much of the initial relief after the Yushu disaster came from Buddhist monks and other non-government volunteers, partly because of the remoteness of much of the affected areas.
- "After 24 hours or 48 hours in Yushu, things were not so orderly or settled in," said a doctor at the refugee camp.

Taliban take 11 prisoners after chopper grounded

Afghanistan. Pilot and crew seized in remote region, security forces retreat after firefights with insurgents

The Taliban took 11 civilians prisoner, including eight Turks and a Russian, after their cargo helicopter made an emergency landing in eastern Afghanistan, officials said Monday, in the first large scale capture of foreigners there in nearly six years.

Security forces dispatched to the remote area retreated after engaging in firefights with the insurgents but failing to secure the area or retrieve the captives.

The crisis began Sunday when the civilian transport aircraft was forced down in strong winds and heavy rain in the village of Dahra Mangal in the Azra district of Logar province, southeast of Kabul, District Governor Hamidullah Hamid told The Associated Press. He said the helicopter came down in a gorge in the densely forested region, known for narrow gorges and rugged mountains, about 20 kilometres from the Pakistani border.

Taliban fighters then captured everyone aboard the helicopter and took them away, Hamid said. THE ASSOCIATED PRESS

Insurgent attacks

Also on Monday, six police officers were killed in two separate insurgent attacks in the south.

- Provincial spokesman Ummar Zawaq said two police officers and two Taliban were killed when a patrol in the Khan Nashim district was attacked, and four police were killed in a firefight in the Marjah district.

Game on in Islamabad

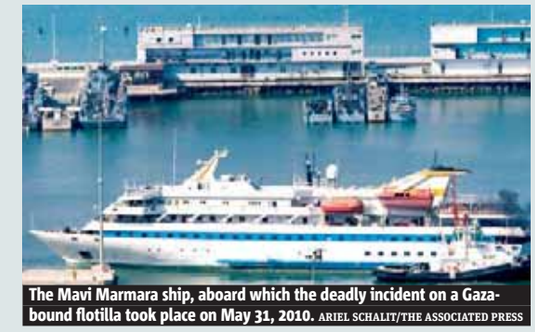
Afghan refugee boys play a traditional wrestling game on the outskirts of Islamabad, Pakistan on Monday. Pakistan hosts over 1.6 million registered Afghans, the largest and most protracted refugee population in the world. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Deadly flotilla raid

Israel, Turkey look to resolve differences

In a step toward restoring ties, former allies Turkey and Israel agreed Monday on the "methods and principles" of working out compensation payments for the victims of a deadly 2010 Israeli raid on a Gaza-bound aid flotilla, Turkey's deputy prime minister said.

Eight Turks and one Turkish-American were killed and several other pro-Palestinian activists were wounded when Israeli commandos stormed the ship Mavi Marmara while stopping an international flotilla trying to breach a blockade of the Gaza Strip. The incident, which also wounded seven Israeli soldiers, increased tensions between the once close allies and led to a break in relations. THE ASSOCIATED PRESS



The Mavi Marmara ship, aboard which the deadly incident on a Gaza-bound flotilla took place on May 31, 2010. ARIEL SCHALIT/THE ASSOCIATED PRESS

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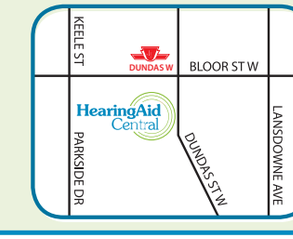

Child exploitation. Private pics got online? Don't lose hope, urges the PM's wife

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

The prime minister's wife is promoting needhelpnow.ca, which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

Earlier this month, 17-year-old Rehtaeh Parsons died after a suicide attempt, which her family says was linked to photos circulating online of an alleged sexual assault.

Rehtaeh's mother Leah is scheduled to sit down Tuesday with Stephen Harper to discuss changes to the Criminal Code regarding the distribution of such images. THE CANADIAN PRESS

Laureen Harper THE CANADIAN PRESS

Afghanistan

Feds won't claw back danger pay

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay for troops training Afghan soldiers in Kabul. THE CANADIAN PRESS

Proposed fee to cross U.S. border condemned

Budget pressure. New crossing fee needed to fund processing and security, supporters say

A proposal to charge travellers a new crossing fee at U.S. land border crossings has drawn criticism in both nations.

The call to study a new levy — contained in the U.S. Department of Homeland Security's proposed budget for 2014 — is needed to defray increased security costs, proponents say.

However, Michael MacKenzie, executive director of the 70,000-member Canadian Snowbird Association, said Monday that Washington is trying to ease its "desperate financial situation" on the backs of Canadian travellers.

"While we appreciate the fiscal challenges faced by our friends in the United States, we would prefer the U.S. government focus on ways to reduce obstacles at the border that hinder trade and tourism," MacKenzie said Monday.

Currently, air passengers pay to enter the U.S. but the fee is included in the price of the plane ticket. Drivers and pedestrians do not pay a specific entry fee, though bridges charge tolls that go to the bridge authorities.

The Department of Foreign Affairs said Monday it would "vigorously lobby against this proposal." The Canadian Chamber of Commerce also pledged to lobby against what it called a "serious mistake." THE CANADIAN PRESS

Let the Canucks pay?

"People feel like ... politicians are taxing people who can't vote."

Michael MacKenzie, executive director of the Canadian Snowbird Association

Like driving to the U.S. to shop? The Canadian Chamber of Commerce says a proposed tax could be a "sizable economic burden." MARIO TAMA/GETTY IMAGES FILE

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Bombing suspect's wife knew 'nothing': Lawyer

Boston slayings. With her husband dead, wife of Tamerlan Tsarnaev now subject of scrutiny

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What did she know about her late husband's role in the Boston bombings?

Nothing, her lawyer Amato DeLuca told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home-care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after their three-year-old daughter, he said.

Russell found out from the news that her husband was the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how to proceed.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam. Photographs of Russell outside her home in Cambridge show her in black hijab and black clothing.

An unidentified high school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once charged with assaulting his wife. **TORSTAR NEWS SERVICE**

Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment factory worker, was arrested Monday in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

Police said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. The men are accused of abducting, raping and attempting to murder the five-year-old, who went missing April 15 and was found two days later by neighbours who heard her crying in a locked room in the same building where she lives.

The girl was in critical condition when she was transferred Thursday to the country's largest government-run hospital. Its medical superintendent said Monday that she has stabilized.

Pradeep Kumar, a 19-year-old garment factory worker, is taken away by police. THE ASSOCIATED PRESS

For the third day, sporadic protests erupted in at least three places in New Delhi, protesters shouting that police were slow in handling the case.

Delhi police Commissioner Neeraj Kumar admitted Monday that police had erred.

"The station house officer and his deputy have been suspended," Kumar told reporters. **THE ASSOCIATED PRESS**

Calgary

New campaign: Don't Be That Guy

"That guy" is the target of a campaign in Calgary aimed at raising awareness about sexual consent.

The posters are aimed at men, reading: "It's not sex when she's passed out" or "when she's wasted."

'That guy.' BILL GRAVELAND/THE CANADIAN PRESS

The "Don't Be That Guy" posters will be placed in transit trains, buses, bars and clubs.

Joe Campbell of Calgary Communities Against Sexual Abuse says the message is not meant to offend men.

"Within male culture we have to stop viewing the issue of sexual violence as strictly a women's issue, because we all have a responsibility to work towards ending sexual violence." **THE CANADIAN PRESS**

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Daring someone to swallow a spoonful of ground cinnamon in 60 seconds without water can cause choking, throat irritation, breathing trouble and even collapsed lungs, a new U.S. medical report says. YOUTUBE/TORSTAR NEWS SERVICE

Doctors warn against cinnamon challenge

Dangerous prank.
Report says 30 teens in U.S. needed medical attention last year after accepting dare

Don't take the cinnamon challenge. That's the advice from doctors in a new report about a dangerous prank depicted in popular YouTube videos but which has led to hospitalizations and a surge in calls to U.S. poison centres.

The fad involves daring someone to swallow a spoonful of ground cinnamon in 60 seconds without water. But the spice is caustic, and trying to gulp it down can cause choking, throat irritation, breathing trouble and even collapsed lungs, the report said.

The number of poison-control-centre calls about the prank "has increased dramatically," from 51 in 2011 to 222 last year, according to the American Association of Poison Control Centers.

Thousands of YouTube videos depict kids attempting the challenge, resulting in an "orange burst of dragon breath" spewing out of their mouths and sometimes hysterical laughter from friends watching the stunt, said report co-author Dr. Steven E. Lipshultz.

Cinnamon is made from tree bark and contains cellulose fibres that don't easily break down. Animal research suggests that when cinnamon gets into the lungs, it can cause scarring, Lipshultz said. THE ASSOCIATED PRESS

One teen's story

An Ypsilanti, Mich., teen was hospitalized for a collapsed lung after trying the cinnamon challenge.

- Dejah Reed, 16, was hospitalized for four days and still has to use an inhaler when she runs or talks too fast. She never had asthma or breathing problems before.

L.A. Times hacking. Social media journalist says Reuters has fired him

A Reuters deputy social media editor accused of conspiring with hackers to deface a Los Angeles Times story said Monday he was fired.

Federal prosecutors say 26-year-old Matthew Keys provided the hacking group Anonymous with login information to access the computer system of The Tribune Co., the Times' parent company.

According to a federal indictment handed down last month, a hacker identified only as "Sharpie" used information Keys supplied in an Internet chat room and altered a headline on a December 2010 Times story to reference another hacking group.

Tribune also owns a Sacramento television station Keys had been fired from months earlier.

Reuters hired him in 2012 and suspended him from his New York social media job on March 14. Keys tweeted his union would be filing a grievance.

"Just got off the phone. Reuters has fired me, effective today. Our union will be filing a grievance. More soon," he posted.

He elaborated on his Facebook page, saying "contrary to some speculative tweets, Reuters did not state the indictment as their basis for the termination of my employment." THE ASSOCIATED PRESS

Quoted

"Just got off the phone. Reuters has fired me, effective today."
Matthew Keys

U.A.E. Skimpy swimwear banned at some beaches

Bikinis and briefs are no longer welcome on some sands in the United Arab Emirates.

Ras al-Khaimah, the northernmost emirate in the U.A.E. about 100 kilometres from Dubai, has posted signs on public beaches warning of possible fines for revealing swimwear such as two-piece bikinis for women and brief trunks for men.

The Abu Dhabi-based newspaper The National reports Monday that the move followed complaints from local families who didn't like sharing the sands with tourists showing too much skin.

The UAE hosts a patchwork of different social mores among its seven semi-autonomous emirates, ranging from conservative to relatively liberal. Dubai, for example, urges "respectful" attire but rarely objects to outfits such as miniskirts or bikinis. THE ASSOCIATED PRESS

A woman reads the Qur'an on a beach in Dubai, United Arab Emirates, as people in bikinis swim at sunset. THE ASSOCIATED PRESS FILE

Edmonton

Stinky corpse flower in bloom

The strong aroma of rotting flesh is filling the greenhouses of the Muttart Conservatory. Eight-metres tall, Putrella, the corpse flower, bloomed overnight Sunday after growing for the last 40 days.

The corpse flower in Edmonton Monday.

Those hoping to see — and smell — the flower had better hurry, because the plant will only bloom for about 36 hours, the city said in a release issued Monday morning.

The Muttart will be open until 11 p.m. Monday and 9 p.m. Tuesday. METRO IN EDMONTON

Twitter

Syrians hack 2 FIFA accounts

Two of FIFA's Twitter accounts were hacked Monday in the latest wave of cyber-attacks claimed by Syrian government sympathizers.

A series of corruption allegations were made on the official accounts of FIFA president Sepp Blatter and the World Cup, some linked to 2022 World Cup host Qatar, including one libellous post about the Emir of Qatar.

The Syrian Electronic Army — hackers sympathetic to Syrian President Bashar Assad — recently claimed to have hacked the Twitter accounts of the BBC Arabic service and broadcaster Al-Jazeera. THE ASSOCIATED PRESS

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Lawyer makes a point

Congress courting trouble?

When David Bowker, the groups' lawyer, said Congress is courting trouble when it decides whether to give money to an organization based on its viewpoint, Justice Antonin Scalia chimed in. "They can't fund the Boy Scouts of America because they like the programs that the BSA has? They have to treat them equivalently with the Muslim Brotherhood? Is that really what you're suggesting?" Scalia said.

Two groups — Alliance for Open Society International Inc., which runs a program in Central Asia to prevent the spread of HIV/AIDS by reducing drug use, and Pathfinder International, which provides family planning and reproductive health services in more than 20 countries — went to the courts after they adopted policy statements opposing prostitution in order to keep their eligibility for funding intact. Pathfinder did so even though it wishes to remain neutral on the issue of prostitution. The other two groups are Global Health Council and Interaction.

The groups pointed out that the World Health Organization and other international organizations receive U.S. funds to fight AIDS and do not have to comply with the anti-prostitution pledge. Indeed, some of the international agencies support lesser penalties for prostitution as part of their AIDS-fighting strategy.

THE ASSOCIATED PRESS

EGLINTON-SCARBOROUGH CROSSTOWN

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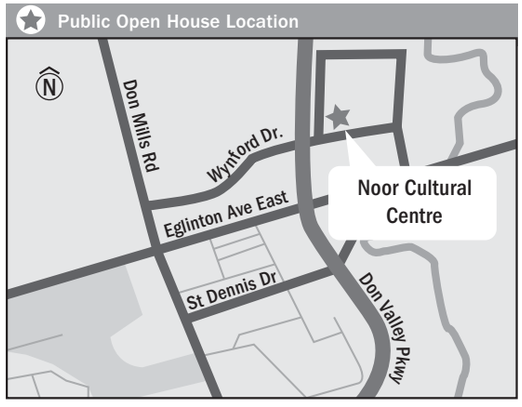
East Alignment Environmental Assessment Update

Rapid and reliable transit is coming to the centre of Toronto. The Crosstown will move Torontonians to work, school and play faster than ever before – reducing travel times and enhancing our economy and our environment. The Crosstown will run along Eglinton Avenue and transit travel will be up to 60% faster than today.

Metrolinx invites you to attend a meeting on the proposed east tunnel extension to just east of Don Mills Station. In December 2012, changes to the east alignment were proposed. Input from that meeting and a subsequent public meeting in January was collected. At this meeting, Metrolinx will present the most current proposal for the alignment.

The information meeting will begin at 7:00 p.m. with an opportunity to view displays and speak one-on-one with staff. We look forward to seeing you there.



Date: Tuesday, April 23, 2013
Time: 7:00 p.m. – 9:00 p.m.
Location: Noor Cultural Centre
123 Wynford Drive

For more Crosstown information:

Visit the Crosstown Community Office at 1848 Eglinton Avenue West (at Dufferin).

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Pour plus de renseignements, veuillez composer le 416-869-3200 ou le 1-888-GET-ON-GO (438-6646).

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416-782-8118 | crosstown@metrolinx.com | www.thecrosstown.ca

People line up to enter the United States Supreme Court Building Monday in Washington, D.C. The high court is scheduled to hear arguments about a rule that forbids AIDS relief funds to go to groups unless they explicitly oppose prostitution and sex trafficking. MARK WILSON/GETTY IMAGES

U.S. top court weighs AIDS funding case

Divided. Argument is over whether anti-prostitution pledge violates health groups' constitutional rights to free speech

The U.S. Supreme Court wrestled Monday with the constitutional implications of a policy that forces private health organizations to denounce prostitution as a condition to get AIDS funding. Four organizations that work in Africa, Asia and South America are challenging the 2003 law. They say their work has nothing to do with prostitution.

The Obama administration says it is reasonable for the government to give money only to groups that oppose prostitution and sex trafficking because they contribute to the spread of HIV/AIDS.

A federal appeals court in New York struck down the pledge as an unacceptable intrusion on the groups' right to speak freely. Another appeals court, in Washington, upheld the provision against a similar challenge.

Among the justices most receptive to the groups was Samuel Alito, who questioned whether the government could force a group to express agreement with a policy it opposes just to get money.

"It seems to me like quite a dangerous proposition," Alito, a conservative, said. Liberal Justices Ruth Bader Ginsburg and Sonia Sotomayor also aggressively challenged Justice Department lawyer Sri Srinivasan in his defence of the law.

THE ASSOCIATED PRESS

Quoted

"It seems to me like quite a dangerous proposition."

Samuel Alito, a conservative justice. He questioned whether the government could force a group to express agreement with a policy it opposes just to get money.

HMV jumps into streaming with The Vault

Digital music. For a monthly subscription fee, users can listen to 13 million songs

Amongst rows of vinyl, CDs and DVDs, HMV Canada will try to sell customers on its new online offering, The Vault, starting this week.

"You won't be able to walk by an HMV without seeing all the signage in the stores, our staff will be wearing Vault T-shirts," said Allan Mamaril, the new media senior manager behind The Vault, HMV's online and mobile music streaming service.

Digital music may have once seemed like an enemy of the retailer, which opened up its first Canadian store in 1986, long before the Internet shook up music consumption. But after years of work and four months of allowing customers access to a beta version, an updated Vault became official on Monday, and HMV wants to tell the millions who walk through its stores annually.

"One thing that The Vault shows," Mamaril said, "is that HMV is willing to move along with innovation."

Mamaril maintains that The Vault is ahead of the curve, not behind. "It's late if we were just launching a digital download store, for sure, because digital downloads have been around forever. But there's not a lot of (Canadian) streaming services," he said. "I could probably count them on one hand."

The company's first digital music incarnation, HMV Digital, launched in 2009 as an online MP3 download hub. The Vault will also offer downloads for a separate fee, but the new streaming subscription ($4.99 for monthly computer access or $9.99 for computer and mobile access) means 13 million songs are available without downloading. TORSTAR NEWS SERVICE

Quoted

"There's not a lot of (Canadian) streaming services. I could probably count them on one hand."

Allan Mamaril, the new media senior manager behind The Vault, HMV's online and mobile music streaming service

Ralph Lauren Corp. settles bribery allegations for $1.6M

Designer Ralph Lauren acknowledges applause after his Fall 2013 collection was modelled Feb. 14 during Fashion Week in New York City. On Monday, federal authorities said Ralph Lauren Corp. settled allegations by the U.S. Justice Department and Securities and Exchange Commission that bribes were paid to Argentine import officials. The New York-based apparel company agreed to give up more than $700,000 US of illicit profits and pay an $882,000 US penalty. The firm promptly reported the violations from 2005 to 2009 after discovering them in 2010, terminated culpable employees and a third-party agent, and shut down its offices and stores in Argentina, officials said.

THE ASSOCIATED PRESS FILE

Germany

Google fined for illegally recording Wi-Fi information

A German data protection agency fined Google Inc. about $189,200 for illegally recording information from unsecured wireless networks — an amount it acknowledged is "totally inadequate" as a deterrent to the multinational giant. Hamburg's state data protection agency said that Google admitted collecting emails, passwords, photos and chat protocols from 2008-2010 as it prepared to launch its Street View service. Google says it never intended to store personal data.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.46¢
(+0.02¢)

TSX
12,090.68 (+25.13)

OIL
$88.76 US (+75¢)

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Scarborough
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Stoney Creek
Stone Church East &
Upper Mount Albion

Vaughan
Major Mackenzie & Dufferin

Woodbridge
Major Mackenzie &
Vellore Woods

Germany

Lufthansa 1-day strike forces flight cancellations

Ground staff at Lufthansa, Germany's biggest airline, walked off the job Monday on a one-day strike that prompted the company to cancel most of the day's scheduled flights and left it complaining of "excessive" union tactics.

The strike by technicians and service personnel across Germany started in the early hours. Lufthansa moved in advance to head off chaos, announcing on Saturday that it was cancelling almost all scheduled short-haul flights and the majority of long-haul services. The airline planned to operate only 32 of more than 1,700 scheduled flights. THE ASSOCIATED PRESS

N.Y.C. looks to raise age for tobacco purchases

Public health. Lawmaker proposes that buyers will have to be at least 21

No one under 21 would be able to buy cigarettes in New York City under a proposal unveiled Monday to make it the most populous place in America to set the minimum age that high.

Extending a decade of moves to crack down on smoking in the nation's largest city, the measure aims to stop young people from developing a habit that remains the leading preventable cause of death, City Council Speaker Christine Quinn said as she announced the plan. Eighty per cent of the city's smokers started lighting up before they were 21, officials say.

"The point here is to really address where smoking begins," she said, flanked by colleagues and the city's health commissioner. With support in the council and Mayor Michael Bloomberg's backing, the proposal has the political ingredients to pass.

A retailers' representative suggested the measure would simply drive younger smokers to neighbouring communities or corner-store cigarette sellers instead of city stores.

THE ASSOCIATED PRESS

Women smoke while sitting on a Times Square pedestrian island in this file photo. A new proposal would raise the minimum age for tobacco purchases in New York City from 18 to 21. GETTY IMAGES FILE

Preliminary Q1 report. Air Canada shares plummet

The dramatic recovery of Air Canada's shares took a step back Monday, falling more than 12 per cent after the carrier warned of disappointing first-quarter results that may signal a softening in the airline industry.

Air Canada shares closed down 38 cents at $2.62 Monday afternoon on the Toronto Stock Exchange after the airline reported preliminary results that included a bigger loss than investors expected, in part due to a stormy winter.

Trading volume was extremely heavy at more than 5.5 million shares compared with less than 400,000 on an average day.

The stock had been on a tear, rising from a low of 82 cents last year to a peak of $3.40 earlier this month.

The country's largest airline, which reports actual results May 3, said it expects the quarterly net loss will be about $260 million, compared with a net loss of $274 million a year earlier.

Air Canada said it issued the preliminary report ahead of the full results on May 3 to comply with disclosure rules as it explores a range of debt financing options.

THE ASSOCIATED PRESS

By the numbers

$3.40

The stock had been on a tear, rising from a low of 82 cents last year to a peak of $3.40 earlier this month.

Tasteless tees. Nike pulls Boston Massacre shirts

Nike Inc. says it has pulled from the market T-shirts emblazoned with the words Boston Massacre in the aftermath of last week's bombing during the Boston Marathon that killed three people and left dozens injured.

The athletic company, based in Portland, Ore., said Monday that it took immediate action last week to remove the products. The shirts were sold primarily at its factory store outlets.

"We conducted this process as quickly as possible and are confident the product has been removed from distribution," Nike spokeswoman Mary Remuzzi said in a statement emailed to The Associated Press. The shirts, which featured blood-splattered lettering, were designed for New York Yankees fans.

The Boston Massacre phrase has been used to describe a pivotal late-season sweep by the Yankees of the rival Boston Red Sox in 1978. That season culminated in a World Series championship for the Yankees.

THE ASSOCIATED PRESS

A Boston Massacre shirt for sale at a Nike Outlet. THE ASSOCIATED PRESS

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NATIONAL FARE? STICK A FORK IN ME

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, the Canadian government launched a three-week food truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells 'Poutine a la Mexicana' among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically 'Canadian.' Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Québécoise tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially "Canadian" food.

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden where homesick Canucks will happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

"Everyone that approaches the stall has some kind of story about the dish," says Baker. "They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack."

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing, but also distinctly unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a horse, of course

NASA/ESA/HUBBLE HERITAGE TEAM

Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**

Previous images have been more horse-like but not as detailed.
CFHT/HAWAIIAN STARLIGHT

Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grandmas watch Kardashian sex tape' rule the Internet, get voting. Go to webbyawards.com. Some entries not to miss:

Fresh Prince translated: "Cold, apricot, relaxing all cool, shoot some b-ball outside the scool..." Sound familiar? It should. Kind of — at least for children of the '90s. CDZA, the music video collective who brought us The History of Lyrics That Aren't Lyrics, translates the lyrics of the mind-numbingly, catchy Fresh Prince of Bel-Air intro 64 times in Google Translate, and then translates it back into English. @cdzamusic

Stanley's invisible piano: Sure, cats playing pianos with their paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

Kids react to the world: The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like pot holes and think talking dogs are completely absurd. @thefinebros

Comments

RE: Tributes Pour In After Death Of Rita MacNeil, published April 17

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences....<3
Marilyn Francis posted to metronews.ca

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I sat there and did not wipe away the tears, but God has another beautiful voice.
Natalie posted to metronews.ca

I loved that in the print version they labelled the above tweets as 'prolific'... Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a believer. You can't make this stuff up.
An anonymous reader posted on metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

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DVD reviews

Gangster Squad

Director. Ruben Fleischer

Stars. Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

Josh Brolin and his fellow Gangster Squad antiheroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**

Chicago rock outfit Fall Out Boy Pete Wentz, left, Joe Trohman, Patrick Sump and Andy Hurley in New York. PHOTO BY DAN HALLMAN/INVISION/AP

Oh Boy! Elton John helps Save Rock and Roll

Fall Out Boy's latest release. English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did.

"We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew to Atlanta to record with the veteran rocker.

John is featured on the title track of Save Rock and Roll, released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featured tune plays on the 11-track set, there's the song "Rat a Tat," featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last night and I ran into Courtney Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits including This Ain't a Scene, It's an Arms Race, Dance, Dance and Sugar, We're Goin Down. The album's first single, My Songs Know What You Did in the Dark (Light Em Up), is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock heavyweights on Save Rock and Roll, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and will return to the U.S. for a fall tour.)

A year after releasing 2008's Folie a Deux, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying: "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added. **THE ASSOCIATED PRESS**

Basic Cable and Digital Box required for On Demand programming. On Demand not available in all areas. Programming subject to change without notice. Gangster Squad © 2013 Warner Bros Entertainment Inc. All Rights Reserved.

Wait, cellphones were how big?

Comic timing. Too young to get jokes about Walkmans or Dan Quayle? JFL has an app for that

Comedian Louis C.K. THE CANADIAN PRESS/HANDOUT

Just For Laughs wants to make sure everyone is in on the joke when its 30th anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their head when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will air on CBC Tuesday.

The festival's not judging — the site where the app can be found just notes that some people may be too young to get the joke right away or were possibly a little too preoccupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is," Hills says. "You hit it, you can find out who (Ronald) Reagan is, you can find out what a Walkman was or whatever we're referring to. It's done with a sense of humour."

Hills admits he finds it a bit mind-boggling when he looks at footage of past festivals and thinks of the stars who have appeared, including John Candy, Jerry Seinfeld and the Muppets.

The two-hour clip show, hosted by George Stroumboulopoulos, also features quips by comics including Chris Rock, Ray Romano, Jon Stewart, Rick Mercer, Wanda Sykes, Lewis Black, Russell Peters, Louis C.K., Drew Carey, Denis Leary and Shaun Majumder. There's also a nod at the end to the biggest festival acts.

The themes tackled include Canadian and U.S. politics, racism, the environment, technology and gay rights.

"There were just so many subjects where we found such rich material from the comics who came to our festival," Hills says.

He said he was amazed, for example, when he listened to riffs on the first Gulf War and the war in Iraq. Hills said that if one closed one's eyes, it was hard to tell which war the comedians were talking about.

"For all intents and purposes, there was a Bush involved in both," he says.

THE CANADIAN PRESS

Look back and laugh

The special differs from the festival's previous anniversary shows, which in some cases were more of a behind-the-scenes look at the festival itself.

- One of the earliest bits features Richard Belzer, known to many as Det.-Sgt. John Munch on Law & Order: SVU.
- There's also a fresh-faced Jimmy Fallon in the mid-1990s. Fallon has just been named to replace Jay Leno on The Tonight Show.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Twitter

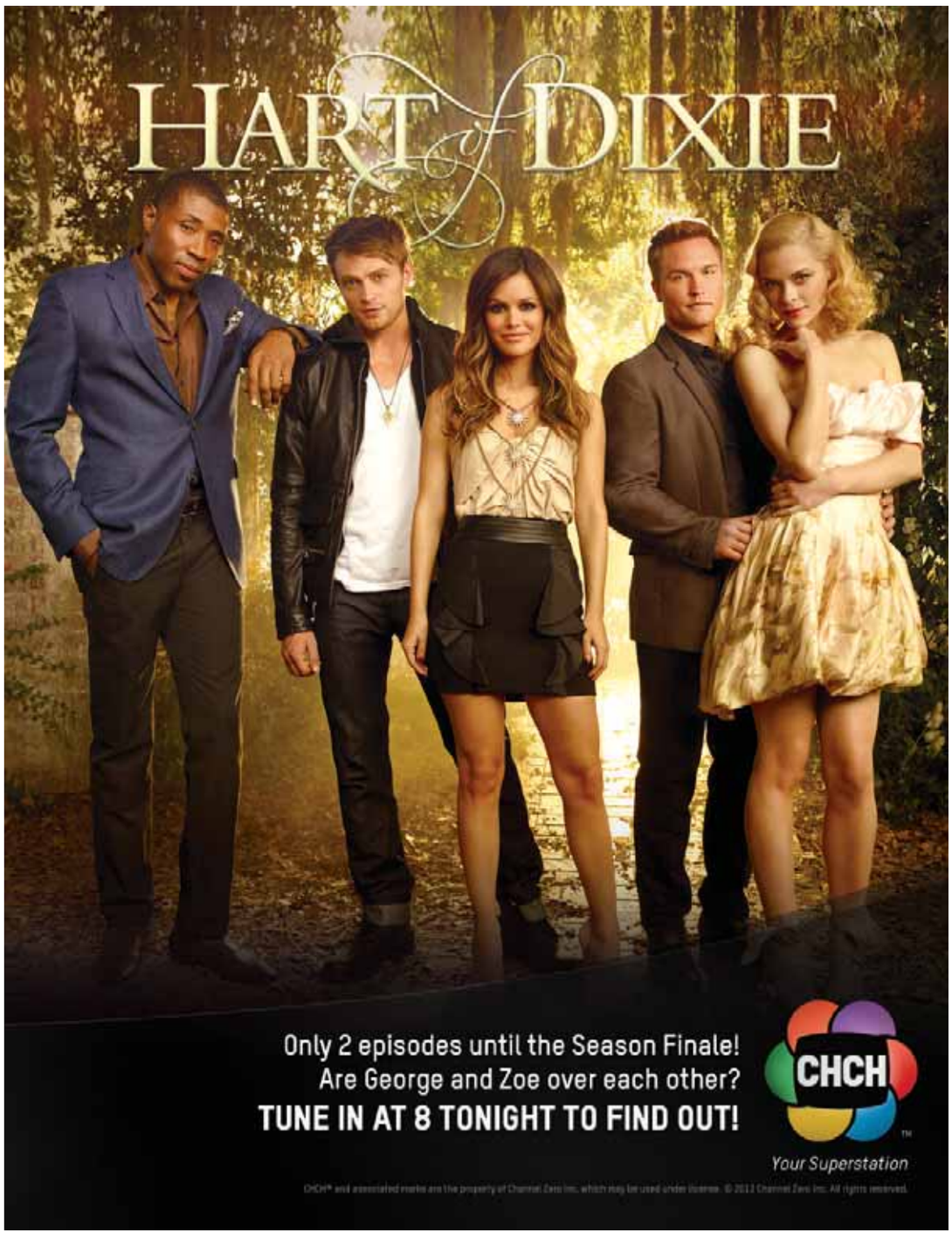
@oliviawilde
The only thing I resent twitter for is ruining the word "twitterpated" which *was* a solid go-to in my daily dialogue.

@SarahKSilverman
Dear House of Representatives, Who exactly are you representing?

Justin Bieber ALL IMAGES GETTY

Are Bieber and Gomez are back on?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.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The Word

Lacking the X-Factor – Host Kardashian gets the boot

THE WORD
Dorothy Robinson
scene@metronews.ca

A watchable reality TV star does not a good host make. Khloe Kardashian has been booted off Fox's The X Factor, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host The X Factor," the show's producers said in a statement. "We really enjoyed working with her and wish her all the best in her future endeavors." (Translation: One, big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of The X Factor," said Cowell in a statement. "Hosting a live show and keeping the judges — especially Demi — in line, is not an easy job, but Mario is a pro and we are glad he's coming back."

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of Saved By The Bell?

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Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, best selling author of The End of Diabetes, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA MCGUINNESS
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more," he tells Metro.

But unlike drugs, sugar is legal and inexpensive, he warns.

1. Breakfast is:
A Fruits, nuts, vegetables or a whole grain product.
B Unsweetened cereal with soy or almond milk.
C Conventional, sweetened cereal with cow's milk.
D A donut and a cup of coffee with sugar.

2. Throughout the day you drink:
A Water or herbal tea
B Coffee or tea, plain with no sweetener.
C Diet soda
D Sugary soda, coffee or tea

3. Mid-afternoon, you feel:
A Energetic, as always.
B A little sluggish … but you can still function productively.

C Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
D Burned-out. You can't focus until you've had a chocolate bar and a can of full fat coke.

4. You're eating a sugary dessert … you feel:
A It's just not worth eating such junk.
B Enjoyment.
C A little happier.
D Euphoric. The moment it passes your lips, all your problems seem to dissolve.

5. Fresh fruit is:
A Wonderfully sweet and delicious. You eat your five-a-day.
B Tasty. You have at least one piece of fruit every day
C OK, but you'd rather have apple pie than an apple.
D Completely unappealing. You're more into cupcakes.

6. After one last bite of your favourite chocolate fudge brownie … You:
A I do not eat sugary foods.
B Feel satisfied But then you move on with your day.
C Are tempted to eat more, but force yourself to stop.
D Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

7. Whoa sugar craving. How do you cope?
A This rarely happens, but when it does, you get on with your day, knowing that it will pass.
B Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.
C Find another sugary alternative in the house to quell the craving.
D Go out and buy whatever it is you're craving, because you can't think about anything else.

8. It's been a long, hard day … so you:
A Get some exercise and try to relax.

B Space out in front of the TV, with a stiff drink.
C Allow yourself one slice of cake, or one piece of candy.
D Binge out on ice cream and candy.

9. If you go without sugar for a few days, you feel:
A No different. You rarely eat sugar.

B Brighter and more energetic.
C Tired and your head hurts.
D Weak and anxious. You also suffer from significant headaches and fatigue.

10. The idea of giving up sugar sounds:
A Easy, since you almost never eat it anyway.
B Like a healthy thing to do. But you want to have sugary foods occasionally.
C Good, but you don't think it's possible.
D Scary. Sugary foods are your comfort during times of emotional distress.

11. The feelings you perceive as hunger are:
A A drawing sensation in the throat, but it's not very uncomfortable.
B A grumbling stomach.
C Light-headedness and headaches.
D Headaches accompanied with anxiety, and the inability to concentrate.

Add up your score:
0 points for each "a"
2 points for each "b"
3 points for each "c"
5 points for each "d"

Results

0-12 points. You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

13-27 points. There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating too sweet, you don't often experience the addictive drives associated with these foods.

28-43 points. You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar can cause your brain to demand more, and addictive drives usually overcome willpower.

44-55 points. Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.

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Best Health

8 ways life is better when you're fit

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

We all know exercise will help us live longer, be happier and sleep better. That should be motivation enough to be more active, but the little everyday bonuses are strong incentives, too. Here are eight ways that life is better when you're fit.

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You have the energy to keep up with your kids.

Live happy. ISTOCK PHOTOS

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Your complexion is smoother and fresher-looking — for free.

Live strong
Since your core muscles are stronger, you don't have to hang onto the pole on the bus or subway.

Fun in the sun
You actually look forward to the "beach" part of a beach vacation.

Guilt-free living
You've got more muscle, so you burn calories faster — allowing for guilt-free desserts.

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Drescher dedicated to the cause

Fran Drescher is helping raise cancer awareness issues. HANDOUT

Health issues. The actress is lending her support to the Carcinogen-Free Label Act, being debated in U.S. right now

Fran Drescher's commitment to eradicating cancer is a personal one. After a series of misdiagnoses, Drescher was diagnosed with uterine cancer in 2000.

In 2002, she wrote Cancer Schmancer about her experiences and met many women who told her that her journey mirrored their own. Inspired, Drescher started the Cancer Schmancer movement and Cancer Schmancer Foundation to advocate prevention methods and early detection.

One of her prevention programs is Trash Cancer, which offers guidance on living a toxic-free lifestyle, starting in the home.

Through Trash Cancer, Drescher is also lending support to the Carcinogen-Free Label Act, a bipartisan bill introduced to Congress that seeks to create a label similar to the "organic" label.

"We were one of the NGOs that put pressure on Johnson & Johnson. They are an enormous company, and once everyone caught wind of the fact that the No More Tears shampoo is loaded with formaldehyde, they changed their formula. It does work. At the end of the day, consumerism and purchasing power is all you need," Drescher said.

"The place we spend the most time in is our home, and that's the place that we have the most control over. Rather than feeling scared as we see cancer closing in around us, why not do something about it?" METRO WORLD NEWS

No more tears

"At the end of the day, consumerism and purchasing power is all you need."

Fran Drescher
Speaking about how her NGO was able to force Johnson & Johnson to change their ways.

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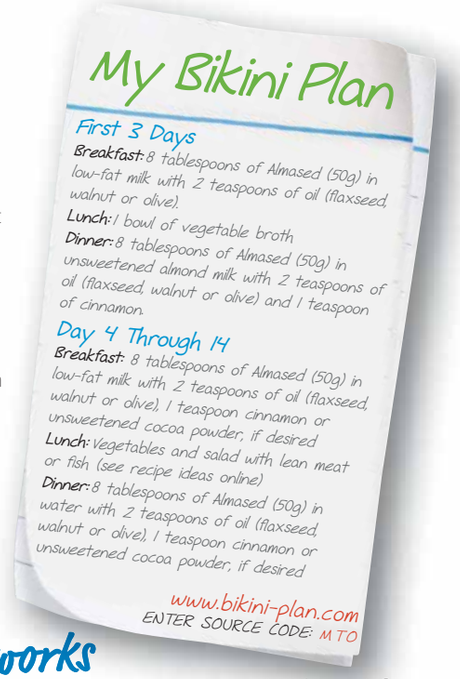
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Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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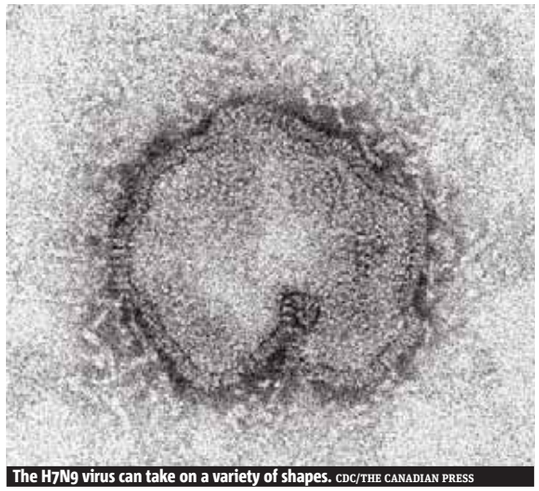
Canada's national lab to work on H7N9 virus

Flu. China showing willingness to be less secretive as latest outbreak spreads, sample likely arrives next week for testing


The H7N9 virus can take on a variety of shapes. CDC/THE CANADIAN PRESS

If all goes according to plan, a vial containing the worrisome new H7N9 virus should arrive at Canada's National Microbiology Laboratory in Winnipeg, where scientists are eager to begin work on the new pathogen.

Scientific Director Dr. Frank Plummer said China readily agreed to share a sample with the Canadian lab after Winnipeg asked for a live virus with which to work. In fact, the emailed request drew a positive reply in a matter of a couple of hours.

"I was extremely pleased when I saw the response from China. All they wanted was an official letter and they were getting ready to send it to us," Plummer said in an interview.

In contrast to its secretive behaviour during the 2003 SARS outbreak, China has been openly sharing information and virus samples since the start of the outbreak of the new H7N9 flu. As of Friday, China had reported 91 confirmed infections and 17 deaths from a virus first identified less than a month ago.

All of the World Health Organization's collaborating centres and essential regulatory laboratories for influenza have had copies of the virus for more than a week. And elsewhere, key influenza researchers are also getting samples of the virus to help in the international effort to decode the mysteries of this new flu strain.

Plummer said his lab's willingness to share the H1N1 virus with China in the early days of the 2009 pandemic probably contributed to China's prompt and favourable response to Canada's request.

Earlier this week a joint assessment issued by the Public Health Agency of Canada and the Canadian Food Inspection Agency decreed that the H7N9 virus should be worked on in laboratories with a Level 3-enhanced biosafety and biosecurity designation.

THE CANADIAN PRESS

Quoted

"I was extremely pleased when I saw the response from China. All they wanted was an official letter and they were getting ready to send it to us."

Dr. Frank Plummer
Canada's National Microbiology Laboratory

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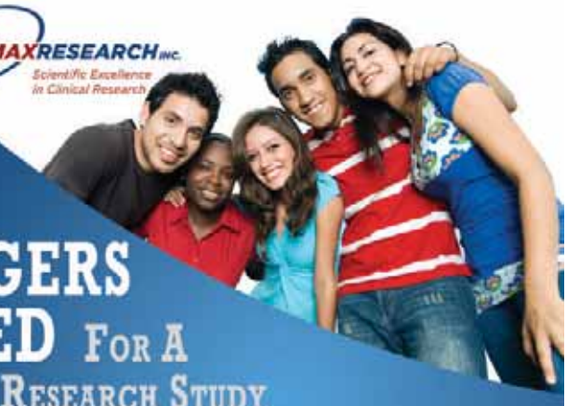

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Health Solutions

There's no 'P' in asparagus?

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style!

Asparagus is a fast growing shoot that delivers Vitamin K, Vitamin A and folate. The typical way of cooking asparagus is to snip off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

- Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt
- Chop and add to soups for the last 5 minutes
- Chop and steam, sautée in chicken broth for 5 minutes covered
- Wrap in prosciutto and bake at 350 for 15 minutes
- Poached, cooled and served with a curry yogurt dip

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Smoothness is a science with this Modernist Potato Purée

This recipe makes 4 cups of puréed potatoes and takes two hours from start to finish. THE ASSOCIATED PRESS

As with most modernist recipes, accuracy is key. We've provided volume equivalents of most ingredients, but for best results use a digital scale and weigh things out. Diastatic malt powder is the secret to making these dairy-free puréed potatoes smooth and creamy. It is widely available online, as well as at brewing supply shops.

1. Fill a large pot halfway with hot tap water. Set the pot over very low heat. Maintain the water temperature at 125 F. To hold this temperature, you may need to turn the heat on and off occasionally.

2. Meanwhile, peel the potatoes and cut them into 1-inch cubes. Measure about 7 1/3 cups of the potato cubes. Reserve any excess for another use.

3. Place the potatoes in a second large pot with 2 litres (about 2 quarts) of water. Add the salt and sugar, then bring to a boil. Reduce the heat to maintain a simmer and cook until the potatoes are very tender, 30 to 40 minutes.

Ingredients

- 2 1/2 lbs Yukon gold potatoes
- 2 tbsp salt, plus additional for seasoning
- 1 1/3 tbsp sugar
- 1 tbsp diastatic malt powder

4. Drain the potatoes, then transfer them to a food processor. Add the malt powder, then process until smooth and sticky. Transfer to a large zip-close plastic bag, pressing out as much air as possible before closing. Place the bag of potatoes in the pot of 125 F water and cook in this manner for 30 minutes.

5. Empty the potatoes from the bag into a clean pot, then heat gently to at least 167 F. Season with salt and serve immediately.

THE ASSOCIATED PRESS

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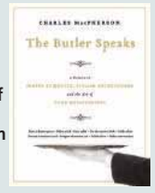
Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, The Butler Speaks, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

Setting the standard in etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

The Butler Speaks



This excerpt from The Butler Speaks is courtesy of Appetite by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.

Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course. The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.

The Chinese place setting

In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.

The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.

The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).

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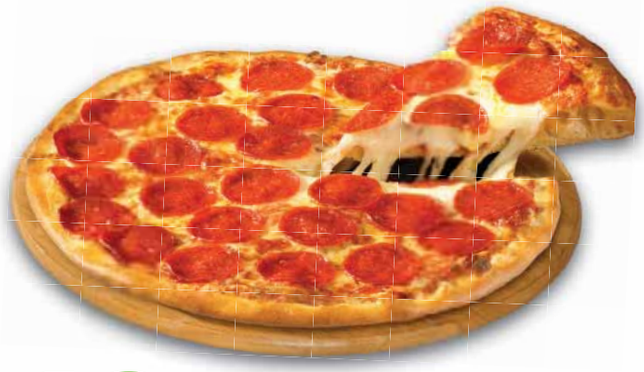

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Young Canadian with no job? You're not alone

You might need a better resume than this to get your foot in the door. ISTOCK IMAGES

Alison on money.
Unemployment and under-employment still a concern for people with university degrees

YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year when young people are transitioning from school and according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial generation from jobs, there are still concerns. One in particular is the high rate of under-employment for those young workers with university or equivalent degrees.

The report noted that roughly a quarter of this age group couldn't find work in their field. These statistics were taken from 2005 but post-recession there isn't likely to be an improvement.

In the end, almost nothing is more important to the health of society than an employed citizenry. It should be the key driver of government policy.

Unemployment rates

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- 19.2 per cent youth unemployment during the early 1980s recession.

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Grenier on gathering an Internet entourage

Clicking on community. Star set to speak of the pitfalls and privileges of social media

LIZ BROWN
life@metronews.ca

The Internet has reshaped the definition of community and no group of people is more aware of this shift than today's youth.

To celebrate this new networked culture, the University of Guelph-Humber is hosting their first annual Emerge conference tomorrow, put on by the fourth year media studies students.

One of the keynote speakers at this inaugural event will be Entourage star and documentary filmmaker Adrian Grenier, who is passionate about engaging people through new technology.

Emerge conference

When: Wednesday, April 24

Time: 9:30 a.m. to 4:30 p.m. with networking from 4:30 p.m. to 6:30 p.m.

Where: University of Guelph-Humber, 207 Humber College Blvd. Toronto

Tickets: $8 early bird, $12 regular

"I think what's happening now is because of technology, particularly social media. Suddenly people are able to recognize they are connected to the larger community and are able to communicate their shared values and ideals," he says.

But while new technologies can provide a conduit for knowledge sharing between people, there is a risk of becoming isolated from your "real" community.

"It's important, I think, to maintain a good balance when engaging with technology because it does on some level distract you from the interpersonal relationships you have with the real humans in your immediate community," says Grenier.

Part of Grenier's talk will touch on striking that balance between engaging in real and virtual communities. "You can't decry the creation of technology and say we're all doomed, but at the same time you have to be very cautious and respect the power of it so as not to abuse it," he says.

Regardless of the technology we have available to us, one thing remains constant — success comes with hard work,

"Happiness requires concerted effort," says Grenier. "Indulging in technology just for your own self satisfaction is going to lead to disappointment in the long run."

Along with an appearance from Adrian Grenier, The Emerge conference will feature workshops on media and communications hosted by professionals from CBC Sports, eOne Music and SlutWalk. GETTY IMAGES

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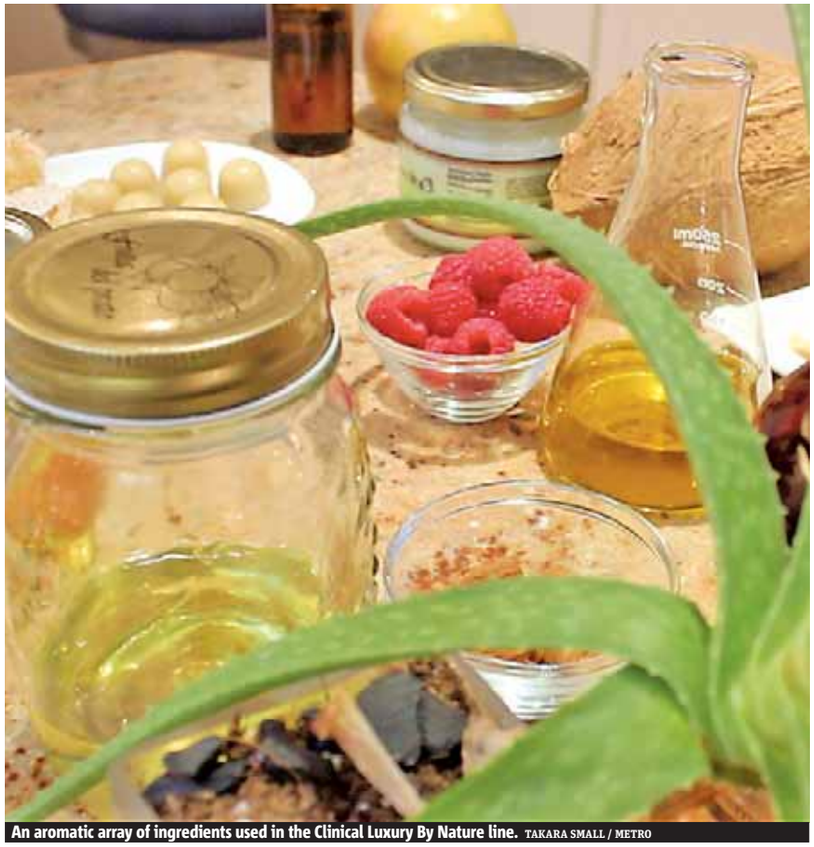

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TAKARA SMALL
Metro in Toronto

Dark chocolate, beeswax, raspberry oil and pomegranates are placed one by one on a granite table top.

Looks like we're cooking up something exotic — truffles, perhaps?

But no — these are the ingredients for an eco-conscious skin-care cream made by entrepreneur Graydon Moffat, devoid of the unrecognizable, unpronounceable chemicals you find in many skin care products.

Moffat, owner of Clinical Luxury By Nature, started her business in her kitchen.

"People told me I was crazy," she tells me, "because of the competition. But I have a vision, something to offer that is different."

And that's a line of products that are luxuriously green.

Moffat works alongside nutritionist Marni Wasserman.

"(Marni) talks to nutrition you eat and I talk about nutrition you put on your skin. Why would you put anything on your skin that you wouldn't feel comfortable eating?"

The beauty business is a tough one, especially for independent startups.

"Establishing a group of mentors who give candid advice is essential," says Moffat.

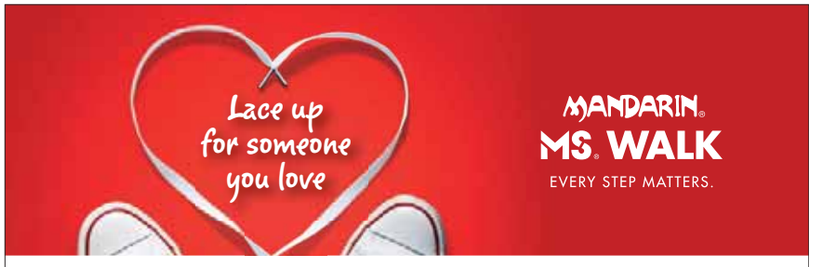
"If I can't start paying my utilities bill after a certain point I start to think 'OK this was an interesting exercise, but now I'm going to try something else.'"

To watch how to make your own skin cream step-by-step visit metronews.ca/voices/mom-and-pop-shops/.

A dream in green

"People told me I was crazy because of the competition. But I have a vision, something to offer that is different."

Graydon Moffat
Owner of Clinical Luxury By Nature



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MLB

Markakis puts O's past Jays in ninth

Nick Markakis singled home the winning run with two outs in the bottom of the ninth inning, giving the Orioles a 2-1 victory over the Toronto Blue Jays on Monday night in Baltimore.

Toronto reliever Aaron Loup (1-2) began the ninth by hitting Chris Davis with a pitch. After a sacrifice bunt, Steve Pearce popped out and Nolan Reimould received an intentional walk before Alexi Casilla reached on a throwing error by shortstop Munenori Kawasaki that loaded the bases.

Earlier Monday, Jays right-hander R.A. Dickey said he expected to make his scheduled start on Tuesday against the Orioles despite being bothered by soreness in his neck and back. THE ASSOCIATED PRESS

Soccer

United seal 20th Premier League title

With 75,000 delirious Manchester United fans chanting "champions, champions" at full voice, Rio Ferdinand tugged the back of Robin van Persie's shirt bearing his squad number and shouted: "No. 20, No. 20."

Twenty was the number at Old Trafford on Monday.

United produced a performance of style and swagger to extend its record haul of English league titles to 20, overwhelming Aston Villa 3-0 to wrap up the championship with four matches to spare and reclaim the trophy from local rival Manchester City. THE ASSOCIATED PRESS

Flyers vet recalls battle with Leafs

NHL. Gagne goes back in time to share memories from the Leafs' last playoff series

Toronto Maple Leafs goalie Ed Belfour reacts as Philadelphia Flyers Jeremy Roenick, left, and Tony Amonte celebrate Roenick's series-clinching goal in overtime of Game 6 in Toronto on May 4, 2004. TORSTAR NEWS SERVICE FILE

At first, Flyers forward Simon Gagne had to jog his memory about Philadelphia's 2004 conference semifinal win over the Leafs.

As one of only a handful of players still active from that roster, Gagne was struck by the fact it's been nine years since the intense, six-game affair.

Naturally, he recalled Jeremy Roenick's overtime goal in Game 6, still popular on YouTube. That goal sunk a Leafs team that was arguably more talented than the Flyers, one that was built to go all the way.

There was the celebration, on the Leafs' home ice. Gagne remembers electricity in the air that night and throughout the series.

But what stood out for the 33-year-old native of Sainte Foy, Que., now in his second stint with the Flyers, was the physical play. It was, as hockey players like to say, a battle.

"It was a tough, physical series and if my memory serves me correctly, we'd met each other two or three times before in the playoffs," Gagne said. "It was a battle, especially going to Toronto, and I think everyone is going to remember Darcy Tucker's hit on Sami Kapanen, and Sami coming back the next game. It was a tough series, a tough battle, and we got that series when J.R. (Roenick) scores that overtime goal. At that time I was a young player — it was, I think, my fifth year in the league — so definitely great memories and a great learning experience for me."

Tucker also had history with Roenick, having slammed him into the end boards, leaving the popular Roenick woozy and unable to stay on his feet (the same way he left Kapanen). The history between the teams in general was rife with hostility. TORSTAR NEWS SERVICE

Quoted

"I felt that was one of the best teams I've ever played on." Simon Gagne on the 2003-04 Philadelphia Flyers

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Bulls dish out heavy dose of 'D' to draw even with Nets

Chicago centre Joakim Noah, left, guards Brook Lopez of the Nets during an NBA Eastern Conference quarter-final game on Monday night in Brooklyn. The Bulls won 90-82, while holding the Nets to 35.4 per cent shooting to tie the series at a game apiece. BRUCE BENNETT/GETTY IMAGES

Raptors' Colangelo shoulders the blame

NBA Playoff drought. Toronto front office execs face the music after 34-48 season

Heading into an off-season of uncertainty, Bryan Colangelo said he was certain of two things: the Toronto Raptors will make a run for the playoffs next season, and if he's back as general manager Dwane Casey will remain his head coach.

Colangelo and Casey met with the Toronto media on Monday, a few days after the Raptors (34-48) wrapped up their fifth consecutive season without a playoff appearance.

"I will take that squarely on my shoulders and say that is the new expectation going into next year," Colangelo said on playoff expectations.

The Raptors went 34-48 on a season in which they spent most of it digging out of a horrific 4-19 hole, and now the biggest question about the off-season is the future of the team's general manager and head coach.

Toronto Raptors' boss Brian Colangelo addresses the media on Monday. TORSTAR NEWS SERVICE

Colangelo doesn't have a deal for next season, with the club holding an option on what would be his eighth year. The GM said he believes his contract situation will be "resolved" within the next two or three weeks.

And if he indeed returns, he said Casey will be back as well.

The Raptors finished four games out of a playoff spot in what Colangelo called the third year of his building process, and both he and Casey said they feel confident in the young players they have.

Colangelo said there was nothing new to report on Andrea Bargnani, whom the team attempted to trade this season before two significant elbow injuries derailed any serious interest.

The coach and GM said there are reasons for optimism, starting with the development of 20-year-old rookie Jonas Valanciunas, along with the mid-season acquisition of Rudy Gay, and the improvement of Kyle Lowry, who lost his starting spot to Jose Calderon before the latter was traded to Detroit in the deal to acquire Gay.

Colangelo said he'll look at tweaking the roster this off-season, rather than making any major moves. The Raptors don't have a draft pick this year — it will go to Oklahoma City unless the Raptors move up to the top three in the lottery.

TORSTAR NEWS SERVICE

Selling a loser

Raps GM spins goodbye yarn

CATHAL KELLY
Special to Metro

It is the habit in these dreary season-ending post-mortems to begin with a gauzy retrospective through the "highlights" of the year.

About 30 seconds in, you begin to slide out of your chair.

On Monday, Raptors GM Bryan Colangelo proved not all great sports performances happen between lines of play and that he is a formidable orator and an even better pitch man.

He would've had you bullish on the Washington Generals.

Like the players, GMs are part of a team. They rarely get to show what they're capable of in isolation. When it mattered most, Colangelo proved again that on the political level at least, he is an elite performer. **GO TO METRONEWS.CA/VOICES FOR MORE OF CATHAL KELLY'S TAKE ON THE RAPTORS.**

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Horoscopes

♈ Aries
March 21 - April 20
You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

♉ Taurus
April 21 - May 21
You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

♊ Gemini
May 22 - June 21
You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

♋ Cancer
June 22 - July 23
There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

♌ Leo
July 24 - Aug. 23
The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

♍ Virgo
Aug. 24 - Sept. 23
Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are — use your imagination to envision a new future for yourself – then make it happen.

♎ Libra
Sept. 24 - Oct. 23
You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

♏ Scorpio
Oct. 24 - Nov. 22
It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life

♐ Sagittarius
Nov. 23 - Dec. 21
No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

♑ Capricorn
Dec. 22 - Jan. 20
What you need to recognize is that different people have different personalities and therefore different ways of doing things.

♒ Aquarius
Jan. 21 - Feb. 19
The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

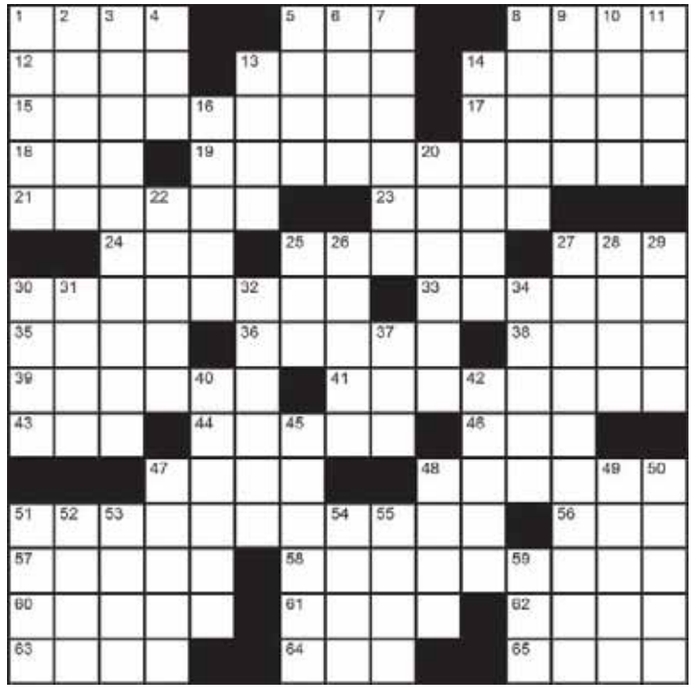
♓ Pisces
Feb. 20 - March 20
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

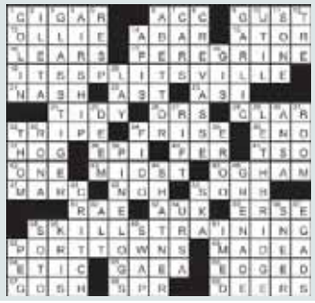
BY KELLY ANN BUCHANAN



Across
1. Invitation letters
5. Flier to Narita Intl. Airport
8. Tom Cruise movie
12. Time Machine people
13. Prefix to 'mal', as 0.25
14. Person being quoted
15. Plastic surgery procedures
17. Web memo, _-__
18. "Let's call __ _ day."
19. Way to sell products on TV
21. Directions: "Can you __ __ how to..."
23. Radiate
24. Taxi
25. Doing words
27. "Rain __" (1988)
30. Sandra Bullock is Canadian in "The __" (2009)
33. Tart-tasting
35. Grazing grass-lands
36. Intense
38. Early filmmaker, Thomas H. __
39. Upward move
41. Canada's most northerly highway
43. Utmost, numbers-wise
44. Inner's opposite
46. Brain scan, for short
47. Small obi accessory
48. Rescuers
51. 13th PM, John __
56. Soldier's food-in-a-packet [acronym]
57. "Monster-__-__" (2005)
58. __ Island, Nunavut
60. Parts of windows
61. Early-'80s hit: "Just the Two __ __"
62. 1982 Sci-Fi flick starring Jeff Bridges
63. _-__ (Retro advertised-on-TV record co.)
64. St. Louis footballer
65. Opera __ Ottawa (Professional opera company)

Down
1. Install anew
2. Fred Flintstone's boss, Mr. __
3. Pro helping a singer: 2 wds.
4. Apple __
5. Actor Mr. Daniels
6. X-__ knife
7. Group of Seven member, Arthur __ (b.1885 - d.1969)
8. Touch of colour
9. "Bonne Fete _ ___..."
10. Ms. Wilson of "La Femme Nikita"
11. Cover the falcon's eyes
13. Sup
14. Cherry: French
16. __ stick
20. Symbol
22. Expire
25. Central-__
26. Dodge
27. PEI novelist, Lucy Maud __ (b.1874 - d.1942)
28. 'Appear' suffix
29. Big Apple denizen
30. Agenda
31. Inactivity
32. Ringed planet
34. Scrooge
37. Gerard __ Borch (Dutch painter)
40. There's nothing to report: 2 wds.
42. Equals
45. "__ __ __ not..." (Hamlet's 'question' soliloquy)
47. Patsy Cline's "_ __ to Pieces"
48. Haws partners
49. Mistake
50. "I've Just __ _ Face" by The Beatles
51. Frisbee, for one [var. sp.]
52. The 'J.' of Michael J. Fox, for short
53. Modelling's Ms. Macpherson
54. Code for letters A, B, C: __, Bravo, Charlie
55. Heidi of "Project Runway"
59. Habs, on score-boards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	3				4	8		
2			7	6				3
					8	1		
		2		9				8
	8						5	
5				7		2		
		5	1					
4				8	7			9
		9	3				4	5

Yesterday's Sudoku

5	2	7	1	3	4	9	6	8
9	1	4	6	8	5	2	3	7
3	6	8	7	9	2	4	5	1
1	5	9	4	6	8	7	2	3
7	8	2	3	1	9	5	4	6
4	3	6	2	5	7	8	1	9
2	9	3	5	7	1	6	8	4
6	7	5	8	4	3	1	9	2
8	4	1	9	2	6	3	7	5

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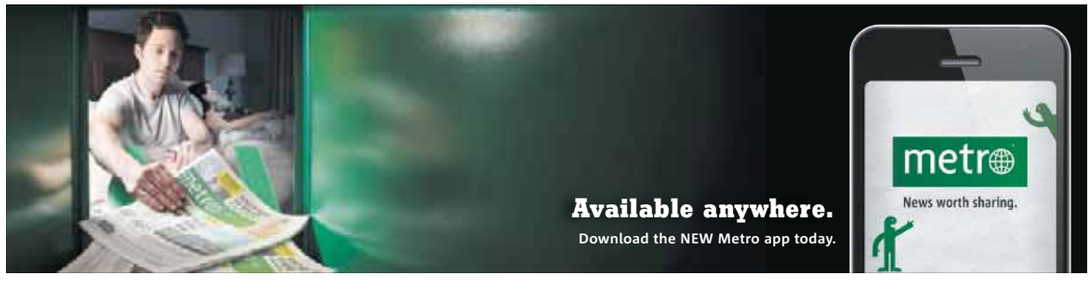

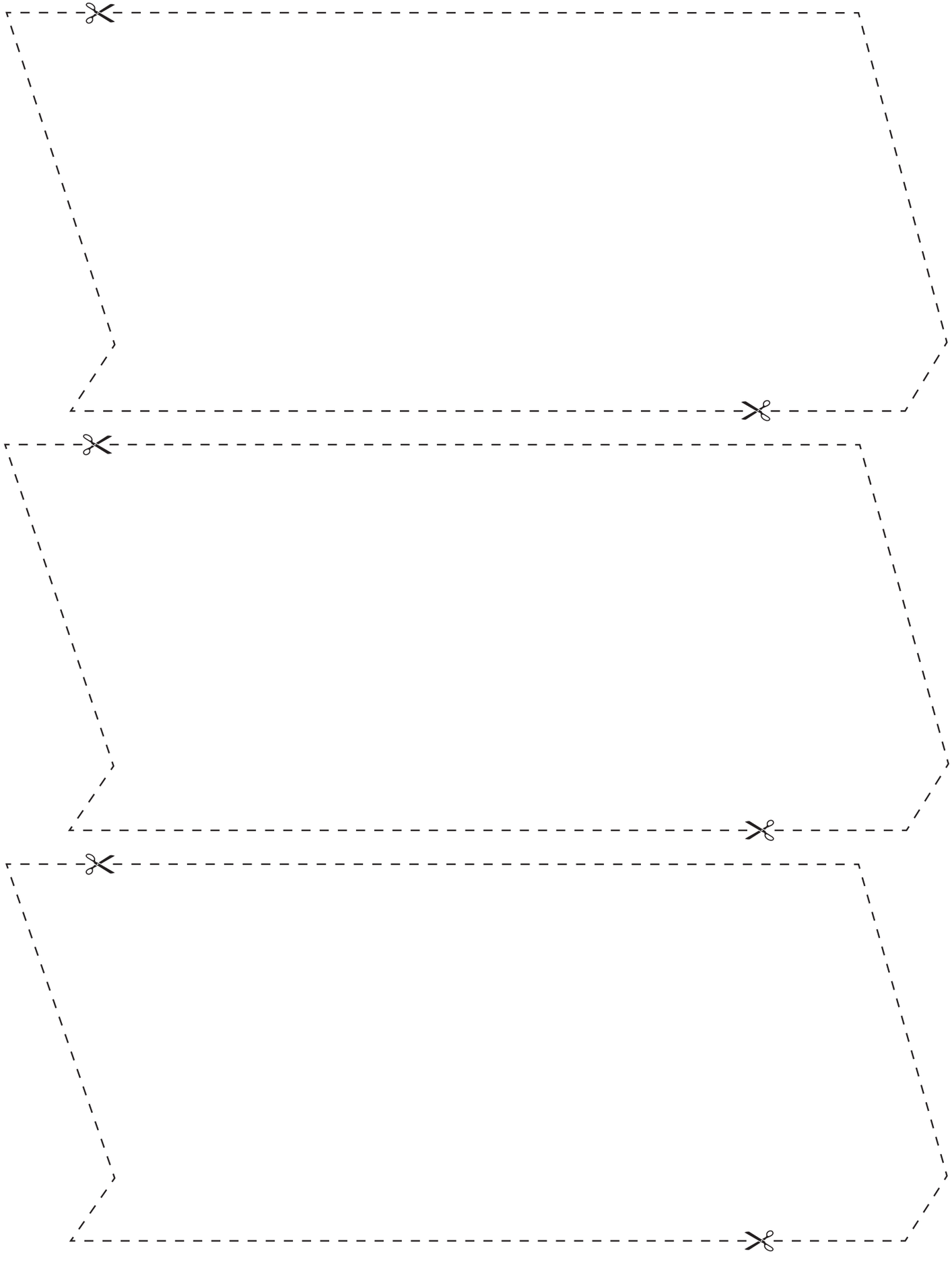

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